



DATE: 12/20/2022
 FORMAT: Monsoon
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	ISO Hammer Curl	<10	12-20	25+
10	10	15	Box Dips	Bent Knees	Straight Legs	Straight Legs
10	12	15	Scissor Abs	-	-	-
10	10	10	Concentration Curl on Box	<10	12-20	25+
10	10	10	Close Grip Press	<12	15-25	30+
2	3	3	5:5 Flutterkicks/Candlesticks	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	Slamball Push-Up	<15	15-20	20-30
4	5	6	Spiderman Yo-Yo	-	-	-
10	15	20	Little Man in the Woods	-	-	-
20	20	40	Jump Rope	-	DBLU	DBLU
6	8	10	High Knee Jack	-	-	-

Bike Protocol:

Bike Abbreviations OOS – Out Of Saddle S – Seated SP – Sprint C – Climb TC –Trainer's Choice (Sprint, Climb, Tier etc..) *No CHALLENGES on TC* LMAO – Last Minute All Out CEC- Class Energy Challenge CDC- Class Distance Challenge CCC- Class Calorie Challenge AFAP- As Far/Fast as Possible EMOM- Every Minute on the Minute EHM- Every Half Minute RR= Recovery Ride (20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 nd 6mins				
	Tabata Sprints (0:10 OOS/0:10 S, 0:20 RR) Repeat 3x, screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Tabata Sprints (0:10 OOS/0:10 S, 0:20 RR) Repeat 3x, screen on Speed/Distance			
	TC			

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunderstorm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane	Wildfire	
Monsoon		
Supernova		